



AINSLIE MACLEOD

Live the Life Your Soul Intended™

Your Destiny is Not a Secret *Workbook*

By Ainslie MacLeod | Psychic Guide and Spiritual Teacher

About Ainslie

Ainslie MacLeod is an internationally acclaimed psychic, spiritual teacher, and award-winning author whose purpose is to help you live the life your soul intended.

He has written three books, [*The Old Soul's Guidebook*](#), [*The Instruction*](#), and [*The Transformation*](#), and has been a featured guest on [*Oprah's Super Soul Conversation*](#) and [*The Ellen DeGeneres Show*](#).

Foreword from Ainslie

In my two decades plus working as a psychic guide, I've found that many people think of life as little more than a series of random events.

The simple truth is that every life—including yours—has a purpose, with predetermined lessons your soul hopes to achieve in this incarnation, and a plan that includes your complete personality.

Because who you are influences why you're here, understanding the personality your soul chose for this incarnation is the key to understanding your destiny.

The information I present here is not based on assumption or conjecture. It comes from elevated Spirit Guides on the Causal Plane. Their destiny, as their name suggests, is to help us make the very most of our journey on this plane.

Working with your spirit guides means allowing them to shape your journey, not determine every little detail of it.

I hope this program will help you better understand who you are and why you're here, by identifying some of the most significant aspects of your soul's journey on the Physical Plane.

Thank you for letting me be part of your spiritual journey

A handwritten signature in black ink that reads "Ainslie". The signature is stylized with a long, sweeping underline that extends to the right.

Introduction

Your destiny is not a secret! Like everyone else, you have a life plan—a blueprint for this incarnation that your soul created before you were even born.

Once you uncover your life plan, you can begin living the life your soul intended; which is the key to a happy and fulfilling life!

This program covers:

1. The Purpose of Reincarnation
2. The Balance Between Free Will and Destiny
3. The Source of Your True Personality
4. What to Do When Things Go Wrong with Your Life Plan
5. How Karma Balances the Effect of One Life on Another
6. What Heroes Teach You About Your Destiny
7. The Importance of Living the Life You Choose

The Purpose of Reincarnation

Reincarnation is the process in which our soul learns about life on earth. By returning in a variety of bodies and circumstances, your soul gets a well-rounded education.

The soul is the part of you that is immortal. It gives you consciousness, and holds memories of prior incarnations, as well as knowing what elements make up your destiny, or life plan.

*To understand your destiny, it's essential
to understand the principle of reincarnation.*

Take Action:

Make a list of your top interests, likes and dislikes, and activities that you're drawn to in this life:

Describe what this might tell you about your previous incarnations:

Free Will or Destiny?

Your destiny is the life plan your soul chose for this incarnation. It's a road map to help guide you.

Since things happen on the physical plane that your soul didn't necessarily plan for, free will gives you the ability to make adjustments to your life plan, and move forward as needed

Take Action:

Describe an area in your life you aren't happy with (e.g. relationship, job, home situation, financial status, physical health, etc.):

Name three things you can do right now to start working towards making a positive change in this area:

1.

2.

3.

Destiny and free will are entwined. Once you understand the power you have, you'll see that you're not a victim of circumstance.

When life's not fair, you have the power to exercise your free will to get things back on track!

Your Soul Type and Life Plan

Man, know thyself: then thou shalt know the universe and God.

~ Pythagoras

The Ten Soul Types are:

- Caregiver
- Creator
- Educator
- Helper
- Hunter
- Leader
- Performer
- Spiritualist
- Thinker
- Transformer

For a detailed description of each Soul Type, see Ainslie's book, [The Instruction](#).

Understanding more about Soul Types in general will not only bring you closer to your purpose for this life, it will also help you understand and communicate better with the people closest to you, and those with whom you spend the most time.

If you'd like get closer to finding out what your Soul Type is, take Ainslie's free Soul Type Quiz: ainsliemacleod.com/soul-type-quiz/.

Take Action:

1. Name your soul type:
2. List the soul types of those closest to you (e.g. immediate family, spouse/significant other, friend/s, workmates, neighbors, etc.)
3. Now that you know your soul type, do you have a better idea of what you came here to experience in this lifetime? Describe your thoughts below:

Who you are is a result of the choices your soul made before coming into this world.

Knowing who you are leads to understanding why you're here.

What's the Purpose of Karma?

Karma is never a punishment. It's simply about balancing events between lives. If you owe someone a karmic debt, then you must find a way to repay it at some point. And vice versa.

Take Action:

1. List the people in your life you think you have a karmic relationship with:
2. Describe what you feel you're trying to resolve or heal with this person:
3. Describe how having a better understanding of karma will help you more effectively interact with this person to help balance your shared karma:

*Karma, and the need to balance it, keeps the world turning.
Knowing how it plays into your destiny helps you know
where best to focus your energies to get the most out of life.*

Heroes and Your Destiny

Heroes help you recognize what you're here to do. Your admiration for them tells you much about your life plan and purpose here.

Take Action:

1. Name 3 of the most important heroes in your life:
2. Describe what your heroes have taught you:
3. Describe ways you can emulate your heroes:

*Your life plan is enhanced by finding heroes
whose examples energize, inspire, teach, or guide you.*

And remember, you can be a hero yourself!

Being Yourself: Recovering From Other People's Expectations

From the moment you come into this life, everyone wants to change you. And that, more than anything else, is what threatens to take you off your life plan.

Take Action:

1. Do you have a clear idea of who you are? Describe that person here:
2. Does this feel authentic to you? Or is the person you described someone that other people think you are, or want you to be? Be honest with your answer!
3. Describe some ways you can be more authentically you; the person your soul intended for this lifetime:

You're here to be you. Not your parents' idea, or society's, or your friends', or your partner's, or anyone else's idea of who you are!

Putting it All Together

Your destiny is not a secret. You just have to know where to look. The key to manifesting your soul's destiny begins with truly knowing who you are.

Your destiny is not something you might discover by the time you die (if you're lucky!). It's what's happening right now, if you know how to follow your soul's life plan.

Take Action:

Spend some time reflecting on what you've heard and read so far, and then answer the following questions:

Who are you?

What are you here to do?

Do you believe you're living the life your soul intended? If yes, describe what that looks like:

If not, describe the changes you need to make to start living the life your soul intended now:

Parting message from Ainslie:

I hope you've found this program, *Your Destiny is Not a Secret*, to be illuminating and empowering.

Since my destiny is to help an old soul like you to discover who you are and why you're here, it's my deepest wish that you'll take what you've learned here and use it as a guide towards living a happier and more fulfilling life.

*"Everything you are—
your personality, fears, talents, goals, and aspirations—
is the result of previous incarnations."*

~Ainslie MacLeod's Spirit Guides

To discover more about how to live the life your soul intended,
visit ainsliemacleod.com.